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CANADA'S SUPPLY SYSTEM IS ABOUT TO GET AN OVERHAUL, WITH LARGE-SCALE, RCMP-CERTIFIED FARMS NOW CRANKING OUT THE DOPE **PAGE 9**



Canadians held in Egypt get 45 more days

Families appeal to PM for help getting pair released **PAGE 6**

Robin defeats Fox in battle of sitcom veterans

Actors return to prime time — and one is triumphant **PAGE 11**



'We need to support each other'



Eleven-year-old Kayleb Pineo and his mother Natasha, son and widow of RCMP Const. Derek Pineo, attend the Canadian Police and Peace Officers' Annual Memorial Service on Parliament Hill on Sunday. Const. Pineo was killed in the line of duty in Saskatchewan on July 20, 2012.

FRED CHARTRAND/THE CANADIAN PRESS

Memorial service.

4,000 police and peace officers gather in Ottawa to remember their fallen comrades

DENIS
ARMSTRONG
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Sunday was a day of strong emotions for officers and families who went to Parliament Hill. Grief mixed with pride. Guelph police Const. Dave Allen was thinking of his friend, Const. Jennifer Kovach, who was killed in an accident in March.

"Obviously, today is a difficult day," he said. "I carried her casket. We miss her."

Some marched onto Parliament Hill behind a piper. Others rode their motorcycles across Canada and the northern U.S. to be among the 4,000 police and peace officers who assembled on the hill to remember fallen comrades at the 36th annual Canadian Police and Peace Officers' Annual Memorial Service.

In 1998, the federal government proclaimed the last Sunday in September as Police and Peace Officers' National Me-

morial Day.

One by one, the names of eight police and peace officers killed in the line of duty over the last 12 months were announced and colleagues offered personal testimonials.

They included Jennifer Kovach from the Guelph detachment; Orleans native Steve Dery, who was with the Kativik Regional Police Force; Newfoundland and Labrador Department of Justice officer Howard J. Lavers; the RCMP's Adrian J. Oliver and Derek W. H. Pineo; Surete du Quebec's Donovan LaGrange and Katia Hadouchi; and Foothills Protective Services' Rodney Lazenby. Their names will be added to the 837 already engraved on the Honour Roll that runs along the perimeter wall on Parliament Hill.

Many officers, like Toronto police Sgt. Al Findlay, make it a habit to attend every year.

"We need events like this today because we're a brotherhood. We're like family," said Findlay. "Policing is changing, and there have been bad news stories on social media over the last year. We've faltered, lost respect in the public's eye. It's dangerous work, and these are trying times. We need to support each other."

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Lock doors, cops urge

Night prowler breaks into homes of two women in Sandy Hill

Police are investigating after women in two different homes were the victims of two separate overnight break-ins in the Sandy Hill area.

Police say that around 4:35 a.m., a suspect entered a home through an unlocked door and woke a woman when he went into her bedroom.

While officers responded to the incident, another break-in was reported a few blocks away.

In that case, the victim was also awakened by the suspect in her bedroom.

A search of the area by officers and the canine unit was unsuccessful in locating the suspect.

Neither woman was physically injured.

Police describe the suspect as a "dark skinned black male, head shaved bald, 6'0"-6'3", 20-30 years of age, (medium)-muscular build, wearing a long sleeve grey or beige sweater (possibly a hooded sweatshirt)."

The Ottawa police are urging residents to be diligent in ensuring their doors and windows are always locked.

Anyone with information regarding this incident is asked to call Crime Stoppers at 613-233-8477 (TIPS) or Staff Sgt. Kal Ghadban at 613-236-1222 extension 5811 at the Ottawa Police Service's central break-and-enter unit.

METRO



Protesters gather outside Ottawa City Hall on Sunday. DENIS ARMSTRONG/METRO

Ottawans protest pipeline proposal

Rally for the Rideau River. Activists say plan to pump Alberta bitumen under local rivers represents too great a risk

A proposal by TransCanada Corp. to modify an existing pipeline to carry bitumen from the Alberta tarsands to oil refineries in New Brunswick is an environmental disaster waiting to happen, say environmental activists who gathered in front of city hall Sunday to protest the move.

Ecology Ottawa staged the event dubbed "Rally for the Rideau River" to send just that message to Prime Minister Stephen Harper and city politicians.

If the proposal gets the green light from federal regulators, the 4,000-kilometre pipeline would carry up to 1.1 million barrels of bitumen — the heavy, unrefined crude extracted from the tar sands — directly through the capital region beneath the Ottawa, Rideau and Mississippi rivers every day.

Placard-waving activists including the Raging Granies marched, portaged and paddled their way from Vin-

cent Massey Park, down the Rideau Canal, to city hall, where they joined artists, representatives from other environmental groups and regional aboriginal leaders, including Idle No More spokesman Clayton Thomas-Muller.

"I'm here because this pipeline puts our water table at risk," said the Green party's deputy leader Kevin O'Donnell. "Twenty-seven per cent of all the lobbying done at city hall is on behalf of the TransCanada pipeline and Enbridge gas. These companies are paying lots to make the pipeline happen so they can sell their oil and gas internationally,

while putting the environmental health of our nation at risk."

Ottawa Centre MP Paul Dewar and Green party chief Elizabeth May both lent their support to the gathering.

"We have to stand up to this insanity of placing pipelines north, south, east and west just to feed our addiction to fossil fuels," said May. "If we don't move fast, we'll lose the opportunity to protect the environment for our children. I know Mr. (Stephen) Harper is used to saying yes to Barack Obama, but it's time now he got used to hearing no to pipelines." DENIS ARMSTRONG/METRO

1 NEWS

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Mental health risks pervasive in public service, study shows

Federal workers.

PSAC calls for use of psychological-health standard as managers report verbal abuse, long hours, little control

MOLLY AMOLI K. SHINHAT
ottawa@metronews.ca

The latest study on the health of federal civil-service managers and executives has the Public Service Alliance of Canada (PSAC) and mental health specialists concerned.

The Association for Professional Executives of the Public Service of Canada (APEX) study points to worsening physical and psychological problems.

In an environment of funding cuts and uncertainty, fear and frustration fester. Federal managers say they're subject to verbal abuse, work long hours, have little or no control over their work and feel disempowered to deal with the day-to-day realities of the civil service.

"It confirms our own findings about our own members," said Chris Aylward, national executive vice-president of PSAC.

"And a lot of it is due to

Assigning blame

"A lot of it is due to the shroud of secrecy that this government operates under — and this applies not just to our members but to our senior executives, as well."

Chris Aylward, National executive vice-president, Public Service Alliance of Canada

the shroud of secrecy that this government operates under — and this applies not just to our members but to our senior executives, as well."

Treasury Board President Tony Clement's remarks that described civil servants as "lazy" and abusing sick leave don't help, he added.

The Mental Health Commission of Canada, working with other groups, including PSAC, developed the National Standard for Psychological Health & Safety in the Workplace, a voluntary standard of employee mental health care. It was launched in January.

"That's just sitting there," Aylward said. "We would like to see that supported and formally adopted as a standard for the Government of Canada."



A public-works sign is displayed on Parliament Hill on June 10 during a period of construction. Labour representatives say economic pressures and bureaucratic secrecy explain recent research that points to worsening mental health among public servants. SEAN KILPATRICK/THE CANADIAN PRESS

Cutbacks make workers less trusting, more competitive: Expert

An Ottawa psychiatrist says cutbacks intensify mental health challenges faced by all civil servants.

The environment "makes people edgy," said Dr. Jakov Shlik, the clinical director of the Anxiety Disorders Program at the Royal Ottawa Hospital. "It makes people competitive on other levels and less trusting of each other."

"People respond to uncertainty with fear, with anger, with strong emotions, and strong emotions, as a rule, don't help people make rational decisions," he said.

He said the National Standard for Psychological Health & Safety in the Workplace developed by the Mental Health Commission of Canada is clear and states why mental health is a priority, he said.

Falling behind

"Someone who's already struggled with ... depression, or insomnia, or anxiety ... there is (an) expectation to get better faster."

Dr. Jakov Shlik, on the stress put on public workers by a fear of cutbacks

The voluntary standard was developed as a tool to help guide employers through the process of creating a workplace that guards employees' mental health in much the same way well-accepted occupational health and safety standards guard physical health.

"It's a great idea," Shlik said. He added he hopes it is adopted



Workplace stress can really pile up. With the added uncertainty of cutbacks, a stressful environment can have a serious impact on a worker's mental health, says Dr. Jakov Shlik, a local expert on anxiety disorders. THE ASSOCIATED PRESS

by the government.

"Some of my patients really struggle with being accommodated at work," he said.

They find support through a shorter work week or work from home, for instance.

But, with heavier workloads and fewer employees, "they find themselves under pressure and scrutiny," Shlik said, because the slack has to be picked up somewhere.

MOLLY AMOLI K. SHINHAT/FOR METRO

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Canadians in Egypt ordered detained for another 45 days

Time for PM to get involved? Families of Tarek Loubani and John Greyson planning their next step after disappointing news



MIKE DONACHIE
Metro in London, Ont.

The families of London, Ont.'s Tarek Loubani and Toronto's John Greyson were "disappointed" to hear the men's detention in Egypt had been extended for another 45 days.

But, following a statement Friday by the country's attorney general that more investigations were needed,



Supporters of Tarek Loubani and John Greyson have been wearing buttons to draw attention to the case. ANGELA MULLINS/METRO

they were not surprised.

Greyson's sister, Cecilia, told Metro the Canadians, who have not been charged with any crime, are tired but physically OK, based on

what their lawyers have said.

Although grateful for the help from the Canadian government, including direct representations by foreign minister John Baird, Greyson's family wants help to be stepped up.

"We need to continue to ask the Canadian government to continue the work it's already been doing, talking to Egyptian officials and asking for their release," said Cecilia Greyson. "The Minister of Foreign Affairs has been very concerned about the case. Minister Baird spoke to the Egyptian foreign minister on a couple of occasions this week.

"It may be time now that Prime Minister Harper talk to his Egyptian counterpart," she added.



IOC told Russian law won't affect gay athletes

Actress Ino Menegaki lights the Olympic Flame at Ancient Olympia in Greece on Sunday. Thomas Bach, the new IOC president, said Sunday he had received assurances from senior Russian officials and Games organizers that an ongoing controversy over the country's treatment of gays will not affect athletes at the Sochi Winter Olympics.

DIMITRI MESSINIS/THE ASSOCIATED PRESS

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Africa. Nigerian students executed while they slept

Suspected Islamic extremists attacked an agricultural college in the dead of night, torching classrooms and shooting dozens of students as they slept in dormitories, the school's provost said — the latest violence in Nigeria's on-going Islamic uprising.

The attack, blamed on the Boko Haram extremist group, came despite a 4 1/2-month-old state of emergency covering one-sixth of the country. Recent violence has led many to doubt assurances from the government and the military that they are winning.

Provost Molima Idi Mato of Yobe State College of Agriculture said that there were no security forces protecting the college. Two weeks ago, the state commissioner for education had begged schools and colleges to reopen and promised they would be guarded by soldiers and police.

Idi Mato said as many as 50 students may have been killed in the assault that began about 1 a.m. Sunday in rural Gujba.

Most schools in the area

Too young

18-22

Provost Molima Idi Mato of Yobe State College of Agriculture said most victims were between age 18 and 22.

closed after militants on July 6 killed 29 pupils and a teacher, burning some alive in their hostels, at Mamudo outside Damaturu.

President Goodluck Jonathan condemned the attack on TV. He said he wondered whether the victims were Muslim or Christian.

Boko Haram leader Abubakar Shekau has said that his group wants to end democracy in Nigeria and allow education only in Islamic schools. Boko Haram means "Western education is forbidden."

Its uprising poses the biggest security challenge in years to the country. Nigeria is Africa's most populous nation with more than 160 million people — almost equal numbers of which are Muslims and Christians. **THE ASSOCIATED PRESS**

Car bomb kills dozens to cap off lethal week

Pakistan. Explosion shreds popular bazaar, lighting old wooden structures ablaze

Victims by the score

Such attacks in Peshawar have claimed more than 140 lives since last Sunday, when two suicide bombers blew themselves up at a church, killing 85 people.

- On Friday, 19 people died when a bomb planted on a bus exploded.

A car bomb ripped through a crowded street in Peshawar's oldest bazaar Sunday, killing 40 people in the third blast to hit the troubled Pakistani city in a week, officials said. No one immediately claimed responsibility for the attack.

The explosion appeared to have been caused by a bomb planted in a parked car and detonated by remote control, said police officer Zahid Khan. It went off near a mosque and a police station, damaging the house of worship and nearby shops and engulfing many vehicles in flames, police said.

At least 40 people were killed and 90 wounded, said

Jamil Shah, a spokesman for Lady Reading Hospital.

The dead included 14 members of a single family who were visiting Peshawar to plan a wedding, along with their driver and an assistant, said relatives.

Many of the old buildings in the historic Qissa Khawani market are made of wood, which easily caught fire, said senior police officer Shafqat Malik. **THE ASSOCIATED PRESS**



A Pakistani man carrying a child rushes to safety shortly after a car bomb exploded in Peshawar on Sunday. MOHAMMAD SAJJAD/THE ASSOCIATED PRESS



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Medical weed supply reborn as free market

Health Canada. Under the new system, users will get their pot from large-scale farms that are RCMP-certified

Current users

37,400

There are currently 37,400 medical marijuana users recognized by Health Canada, but officials project that number will swell to as many as 450,000 people by 2024.

The Conservative government is launching a \$1.3-billion free market in medical marijuana this Tuesday, eventually providing an expected 450,000 Canadians with quality weed.

Health Canada is phasing out an older system on Monday that mostly relied on small-scale, homegrown medical marijuana of varying quality, often diverted illegally to the black market.

In its place, large indoor marijuana farms certified by the RCMP and health inspectors will produce, package and distribute a range of standardized weed, all of it sold for whatever price the market will bear. The first sales are expected in the next few weeks, delivered directly by secure courier.

"We're fairly confident that we'll have a healthy commercial industry in time," Sophie Galameau, a senior official with the department, said in an interview. "It's a whole other ball game."

The sanctioned birth of large-scale, free-market marijuana production comes as the Conservatives pillory Liberal Leader Justin Trudeau's campaign to legalize

recreational marijuana.

Health Canada is placing no limits on the number of these new capital-intensive facilities, which will have mandatory vaults and security systems. Private-dwelling production will be banned. Imports from places such as the Netherlands will be allowed.

Already 156 firms have applied for lucrative producer and distributor status since June, with the first two receiving licences just last week.

The old system fostered only a cottage industry, with 4,200 growers licensed to produce for a maximum of two patients each. The Mounties have complained repeatedly these grow-ops were often a front for criminal organizations.

The next six months are a transition period, as Health Canada phases out the old system by March 31, while encouraging medical marijuana users to register under the replacement regime and to start buying from the new factory-farms. **THE CANADIAN PRESS**



Canadian satellite could hold big payoff for GPS industry

The aurora borealis may look pretty as it dances across the northern sky, but Canadian satellite CASSIOPE is about to study a nasty side lurking behind that beauty. The hybrid satellite blasted off on Sunday from California on board a Falcon 9 rocket developed by SpaceX, a commercial space company. Greg Enno, of the University of Calgary, says data collected by CASSIOPE (Cascade SmallSat and Ionospheric Polar Explorer) during its two-year mission should make it a lot easier to predict the impact of solar storms on Earth. When plasma and particles from the sun enter the upper atmosphere they usually cause the stunning northern lights, but they also affect things like radio communications and satellite navigation. "The biggest winners from our sets of data is the GPS industry because their measurements may be accurate enough so they can use it for all sorts of stuff like landing aircraft, but also hydro people because they don't want to be surprised and have a network go down," Enno said. **THE CANADIAN PRESS FILE**

Retail. Grocery wars heating up with mergers, competition

The battle to bag your super-market business is fiercer in 2013 than it has been in years, with grocers pulling out all the stops to get both price-savvy and health-conscious consumers through the check-out.

The virtual overhaul of food retailing this year is the backdrop to the Grocery Innovations Canada conference, which starts Monday in Toronto.

For two days, Canada's largest grocery industry trade show will host 5,000 retailers and experts who are dealing with mega-mergers, rapid floor-space expansion and

New items

- Some new items on offer among the 500 booths include a "happy" bottled water (containing natural lithium salts), a frozen banana-flavoured treat with an edible gummy peel, and a healthy fruit juice water enhancer.

new entrants into the once-quiet sector. "It's a tough game to be in now," says Kevin Grier, senior market analyst at the George Morris Centre in Guelph. **TORSTAR NEWS SERVICE**

Social media. Girl Scouts try new recruitment campaign

With an assist from Michelle Obama, the Girl Scouts of the USA is launching an unorthodox recruitment campaign this week aimed at reversing a long-running decline in participation by girls and adult volunteers.

Instead of placing ads on TV, in newspapers and on billboards, the decentralized campaign will unfold in neighbourhood initiatives and on social media as local Girl Scout councils directly target elementary-school girls — even kindergartners — with promises of adventuresome fun.

The first lady is pitching in with a video in which she lauds



Michelle Obama **THE ASSOCIATED PRESS**

the contributions of the Girl Scouts and urges adults to find the time to help out.

"In order to bring the fun to more girls, Girl Scouts need you to volunteer," she says. "You can show girls that anything is possible." **THE ASSOCIATED PRESS**

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NOTICE TO CREDITORS

NOTICE TO CREDITORS AND HEIRS-AT-LAW in the Estate of **GIOVANNI DEL ZOTTO**, deceased. All persons having claims against the Estate of **GIOVANNI DEL ZOTTO**, late of the City of Ottawa, in the Province of Ontario, who died on or about July 30 2013, are hereby notified to send particulars of same to the undersigned on or before the 1st day of March, 2014 after which date the Estate will be distributed, having regard only to the claims of which the undersigned shall have notice and the undersigned will not be liable to any person of whose claim they shall not then have notice.

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EDWARD G. MANTHORP, Trustee for the Estate of **GIOVANNI DEL ZOTTO**, by his solicitors, **KELLY MANTHORP HEAPHY**
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CITY TINKERING WITH REBATES

A year from now, we'll be in the thick of another municipal election campaign, and this week councillors may tweak the rules influencing where they'll get the money to seek re-election.

The finance and economic development committee is taking a look at the Election Contribution Rebate Program, which encourages more individual donations by offering some money back on small contributions between \$50 and \$300. The cost of the rebates isn't funded in the budget, so it comes out of the city's reserve funds and participating candidates' campaign surpluses.

Among the changes are assigning money in the budget to the program, reducing the size of the rebates or killing the rebates entirely, an idea last floated in the 2011 draft budget.

The rebate program, as Coun. Peter Hume explained in a 2002 motion, was intended to lessen "the apparent dominance of corporate campaign contributions in the funding of municipal election campaigns and, therefore, reduce the perceived conflicts of



URBAN COMPASS

Steve Collins

ottawa@metronews.ca

interest that linger long after an election has passed."

While a city report cautions the rebate program can't be credited with any certainty, the turnaround in campaign-funding sources since it began has been dramatic.

In 2000, the last election before the rebate program started, corporate donations accounted for 65 per cent of all campaign cash, compared with 35 per cent from individuals. In 2003, the numbers switched, with 33 per cent corporate donations and 67 per cent from human wallets.

The trend continued in 2006 (21 per cent corporate to 79 per cent individual), though a staff report points out Alex Munter's mayoral campaign, which relied heavily on grassroots fundraising, accounted for more than half of all rebates, thereby exaggerating results. When Munter's donations are taken out, the totals were 32 per cent corporate and 68 per cent individual.

The funding split in 2010 was 24 per cent corporate and 76 per

cent individual, though corporate donations were on average twice as big, \$432 and change, as individuals' at \$216.

Corporate donations have been banned federally, but not at the provincial or municipal levels. Companies that contribute to mayoral and council candidates call it "participating in the democratic process," but curiously the only ones usually interested are those who also do business with the city or require city approvals to do business, notably developers. It looks, at best, like a self-interested investment, and at worst like the purchase of future favour.

Business owners can also double down with a maximum \$750 contribution from their companies and another \$750 from their personal bank accounts.

It should also be noted that Munter, despite his success in raising individual donations, lost in '06. Ditto 2010 mayoral candidate Alex Cullen, who had long campaigned to eliminate corporate donations in city politics, refused to accept them himself — and had to abandon his bid when he ran into a cash crunch.

Elections are won on more than money. Despite the apparent levelling effect of rebates, it may still be tricky to win without taking corporate supplements that juice your opponent's war chest.

ZOOM

Space oddity: Noctis Labyrinthus



COURTESY NASA/JPL/UNIVERSITY OF ARIZONA

Red Planet lookin' a little blue

Judging by this image of our neighbouring world, Mars isn't always the "Red" Planet. Taken by NASA's Mars Reconnaissance Orbiter (MRO), the photograph shows the colourful area of the Noctis Labyrinthus region, perched high on the Tharsis rise in the upper reaches of the Valles Marineris canyon system.

METRO



Valles Marineris stretches east-west just below Mars's equator.

COURTESY NASA

The grand, grand, grand canyon

Covering nearly a fifth of the circumference of Mars, the Valles Marineris is the largest canyon system on the planet. Spanning a colossal 4,000 kilometres, the canyon system can reach depths of 10 kilometres, and is at some points 200 kilometres wide. If the system were located on Earth, it would stretch across the U.S., from L.A. to the Atlantic coast. METRO

Falling into the abyss

The Valles Marineris system is believed to be the result of the formation of the nearby Tharsis volcanic region, home to Olympus Mons, the solar system's largest volcano. As the region swelled with magma billions of years ago, the planet's crust stretched and split, collapsing into a vast, deep canyon. METRO

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

Three weeks into its Canadian debut, Kickstarter Canada's been funding everything from alien adventure/action games to animated shorts to new technologies you never knew you needed. Meet the products you probably don't need but will feel super cool having.

Polar Pen:

With 17 days left to go, the "world's first" modular magnetic pen has already reached more than 3,000 per cent of its funding. Not only would the silver (or 24K gold) bits look hot on your desk, they'd also give you something to play with when writer's block hits.

Peachy Printer:

Again with the "world's first," this 3D printer claims to be among the cheapest (\$100) and smallest 3D printers (that also doubles as a scanner). The

pared-down design keeps the cost of the device low without using cheap parts. Twenty-one days left — and almost 1,000 per cent funded — to get in on the action.

AppSeed:

From sketch to prototype with just a smartphone, the AppSeed helps designers turn their ideas into functioning models. With 10 days to go and \$13,000 up, these Toronto-based designers are at 45 per cent of the \$30,000 goal.

Comments

RE: Are U.S. border guards 'anti-Canadian'? Published online Sept. 27

Canadians need to stop going down to the States. Do your shopping here, vacation in Canada or anywhere other than the States. After about a year of the boycott, the Americans will be crying for Canadians to come back. If the Americans want our business, then it is them that need to smarten the Border Guards up and treat us with respect. The same goes for the Can-

adian Border Guards, they too are in need of smartening up pills.

Dinorex, posted to metronews.ca

Must be a slow news day. I'm sure there are CBSA employees that hate arrogant yanks, or bus drivers that hate old people, driving instructors that hate teenagers, etc. A little time on the Internet and you'll find a forum where someone behind an alias (hey — like me!) is crapping on someone else. It's hardly newsworthy. **Guesswhosback, posted to metronews.ca**

WE WANT TO HEAR FROM YOU:

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iTunes Festival

Justin Timberlake

Venue. Live from the Roundhouse in London, U.K.

.....

The problem with live streaming is the technical difficulties. Would have loved to tell you how awesome Justin Timberlake's opening Only When I Walk Away was, but I could only hear it. Crowd seemed to love it. But it wasn't until the next song, Sexy Back, when the technical glitches resolved and I could see Timberlake, surrounded by blazing purple and red lights and smokin' hot in a black suit (but no tie), white penny loafers and fedora. Timberlake was backed by a quartet of singers and a pit of musicians, including brass and electronic. Dude still has moves, paying homage to Michael Jackson as he went and still has pipes, his gorgeous falsetto hitting the high notes in Cry Me a River with ease. Watching the concert through the iTunes store means getting close enough to see every sweat drop run down Timberlake's face. He gave the crowd what they wanted — a mix of old hits and songs from his upcoming album The 20/20 Experience — Part 2, which drops today. **ELISHA DACEY/METRO**

EACH MONDAY IN SEPTEMBER, METRO REVIEWED ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL. TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON — AND STREAMING ONLINE IN HD — THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. P.T. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONWS.CA

Going light on the legal

Interview. Franklin & Bash is set in the courtroom but it's more about the relationship between the two lawyers



NED EHRBAR
Metro World News in Hollywood

Mark-Paul Gosselaar and Breckin Meyer are currently enjoying the third season of their comedy-drama legal series, Franklin & Bash, about two — let's say unconventional — young attorneys.

They're so comfortable that it can be tough to distinguish them from their characters sometimes, except, as Gosselaar points out, Meyer's Jared Franklin is much funnier than Meyer himself.

There are a lot of shows about lawyers. What makes this one unique?

Mark-Paul Gosselaar: I think what separates our show most is the relationship between the two guys, Franklin and Bash. When I was pitched the show, I had just come off a TNT show playing an attorney, so the last thing I wanted to do was play another attorney. But being an attorney and the law aspect of the show sort of takes a back seat really to the relationship between these two guys. And that, I think, isn't in lawyers shows as much as they are in cop shows, maybe, or some other genres. But I think that's the first time that I read a script about two lawyers who have this sort of relationship — and I'd like to say that we came out before Suits because Suits has sort of the same dynamic.



Franklin & Bash is a show about lawyers sans all that legal stuff. CONTRIBUTED

Breckin Meyer: And I think the thing you don't get when you're dealing with these "case of the weeks," the one thing we have with the show — and it's because of the relationship — is the fun, is the comedy. It's not like Airplane, it's not a satire of a legal show. It's just that these guys are younger than most lawyers that they go up against, younger than the judges, and they tend to go about it in... a feistier way. If that means Jerry getting drunk during a cross-examination or Peter making out with one of the witnesses to win the case, so be it. They're kind of still feisty.

After three seasons, how comfortable are you in the roles?

Gosselaar: I think we're pretty comfortable, but also I think that we still, to this day, are very hard on ourselves, and I think we're very hard on the show in terms of trying to produce a product

that we enjoy being on and that the fans will enjoy. I don't think we're comfortable in the sense that it's the third season and we're just sort of letting the show manifest into itself. I think we're still very much a part of it and we're still hungry. We only do 10 episodes a season, so for us in three seasons, we've done basically a season and a half of a network show. So for us it doesn't feel like we've done that much. A lot has happened in three years. I mean, Breckin is old now.

Meyer: And you don't stop aging. It's insane.

Gosselaar: I drink blood. I drink Breckin's blood, actually, that's how. Our characters are a magnification 100 per cent of who we are in real life. What we play on television is not too far from the type of people that we are, but they're completely magnified. I like to

Show

Where can you watch

- Channel. Franklin & Bash airs Mondays on Bravo.

work out, I like to feel good about myself and look good, but Peter takes it to a whole other level. Breckin is kind of funny in real life, but he's really funny on the show.

How much time have you actually spent in a courtroom to research this job?

Gosselaar: For this job? None. Meyer: And we'll say to Bill, our co-creator, a lot — like with me being drunk or whatever — we'll say, "What would happen if I really did that in court?" And he says, "You'd get thrown in jail." ... Bill says if you learn anything about the law watching our show, we're doing you a disservice.

Williams' sitcom outdraws Fox

Television. The Crazy Ones debuts with 15.2 million viewers and leaves Michael J. Fox show trailing in return of sitcom veterans

Robin Williams has early bragging rights over Michael J. Fox in the competition be-

tween two sitcom veterans returning to network TV — with an asterisk.

The Nielsen company said Friday that Williams' new CBS comedy, The Crazy Ones, debuted before 15.6 million people on Thursday night. It competed directly at 9 p.m. Eastern with The Michael J. Fox on NBC, which was seen by 7.2 million people.

Williams, who plays an advertising executive working

in a firm with his daughter, had a huge advantage.

His new sitcom directly followed a new episode of television's most popular comedy, The Big Bang Theory, which was seen by 19.5 million people in the second of a two-part season premiere.

By contrast, the second half hour of Parks & Recreation on NBC, which preceded Fox's new show, had less than 3 million viewers.

CBS succeeded in getting people to sample Williams' new show by scheduling the extra Big Bang episode.

Moving forward, however, The Crazy Ones will be preceded by another new show, The Millers, on the CBS schedule.

"I really think you have to sit and wait to see what happens," said Brad Adgate, researcher for Horizon Media.

THE ASSOCIATED PRESS



Michael J. Fox. CONTRIBUTED

2 SCENE

SONY α
make.believe
presents

Sight

Orenstein's own tale helps him carry the Package



Package Deal's Harland Williams, Julia Voth, Randal Edwards, and Jay Malone pose in a Toronto hotel. THE CANADIAN PRESS

Rarity. Sitcom adopting rare Canadian style of filming in front of live audience was spawned from Toronto native's own family experience

In Canada, a live, studio audience sitcom taping is a rarity. One of the most popular ones, CBC's *The King of Kensington*, aired in the '70s. Suddenly, however, a couple of Canadian comedies are venturing forth with the same four-camera, live studio audience format that has worked in Hollywood in shows ranging from *I Love Lucy* to *The Big Bang Theory*.

Toronto audiences lined up earlier this year to see tapings of Dave Foley's new comedy *Spun Out*, airing later this season on CTV. In Vancouver, the bleachers were filled for tapings of *Package Deal*, which premieres tonight on City. The series stars Randal Edwards (*The Killing*, *The Best Years*) as a young lawyer named Danny who has just met the love of his life, Kim (Julia Voth). He also has a great loft apartment, which is where his two goofy brothers, played by comedians Harland Williams and Jay Malone, like to crash. Eugene Levy and Pamela Anderson add a little star power in recurring roles.

The underlying premise of the series: will Kim be cool with this three-brother package

Quoted

"I think of Harland as this giant rabbit, with these big, padded boxing gloves, and he's just-Boom! Boom! Boom!-drumming on you all day. Everything that comes out of his mouth is funny."

Randall Edwards, co-star in *Package Deal*
On his co-star and sitcom veteran Harland Williams.

deal? It's all somewhat based on a period of time in the life of creator/executive producer Andrew Orenstein.

"This is a show about me and my stepbrother," says Orenstein, who grew up in Toronto but moved to Los Angeles when he took a chance on a career writing for television. He went on to become a writer and producer on several hit U.S. sitcoms, including *3rd Rock from the Sun*, *Malcolm in the Middle* and *Everybody Hates Chris*. More recently, he was behind the CBC sitcom *18 to Life*.

Orenstein's stepbrother is ten years older. He's basically the Harland Williams character in *Package Deal*, "but don't tell him that," says the producer.

"When I started dating my wife, I would talk about my brother in reverential tones," he says. When she finally met the older sibling, he wasn't

quite the superman Orenstein had made him out to be.

Orenstein learned he had a blind spot when it came to his brother. He took a closer look at the sibling rivalry between his own two sons and, voila, a sitcom was born.

Williams has turned out to be the perfect older brother in more ways than one. He's the only cast member who has experience in four-camera sitcoms, starring in *Simon* (1995-96) and as part of the ensemble in *The Geena Davis Show* (2000-01). "I played Geena's sidekick in that one," he says, "and here I am back in the motherland."

Edwards says Williams is valued not just for his sitcom experience but also for his great sense of play. "I think of Harland as this giant rabbit, with these big, padded boxing gloves, and he's just-Boom! Boom! Boom!-drumming on you all day," says Edwards.

"Everything that comes out of his mouth is funny," he adds. "When you look at him, he gives you this persona that you think you're going to get, and then what comes out of him—he's so intelligent, so quick."

Edwards is even more impressed with Williams when the cast ventures out in public. "He's the most genuinely humble celebrity I've ever met. This is the guy who has been put in front of me to say, this is how you treat people with respect in this business."

THE CANADIAN PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week



Bieber lays down the law while Gaga bickers online



STAR GAZING
Malene Arpe
scene@metronews.ca

Justin Bieber reportedly kicks out his buddies Lil Za and Lil Twist after some jewelry goes missing from his house. Perhaps now there will finally be room for Lil Suspenders and Lil Shirt to move in.

Pamela Anderson is going to be running the New York City Marathon. Unfortunately she will apparently not be doing so in slow-motion, wearing a red bathing suit.

Kevin Federline says that he will not allow Britney to haul their son Sean Preston on stage during her upcoming Vegas show. And if she doesn't heed him he'll immediately retain a lawyer using her money.

Robert Pattinson brought a "mystery brunette" to a friend's birthday party. It

was either that or the "intrigue redhead," but she was busy at an anniversary brunch.

Kanye West complains that six years ago Fendi ignored his design for leather jogging pants. In Fendi's defense let's not forget that Kanye's collection of cement hats was a severe disappointment.

Miley Cyrus says Justin Bieber should keep his shirt on and stop acting crazy. That explains why my kettle and my pot just threw up from laughing and then exploded.

Gerard Butler, Nikolai Coster-Waldau and Geoffrey Rush will play Set, Horus and Ra in *The Gods of Egypt*. Because nothing says sacred Egyptian mythology like a bloated Scot, a skinny Dane and an Australian pirate.

Lady Gaga and Adam Levine get into a twitter war that starts out being about the nature of art but quickly devolves into grammar shaming. It's exactly like that time when Picasso and Hemingway wrote angry notes to each other in the margins of the afternoon paper.

Funny gal Wilson finds out that jokes don't twerk well for Miley's people

Maybe Miley Cyrus doesn't have that much of a sense of humour about her public image in the wake of her MTV Video Music Awards performance. Rebel Wilson says she was set to introduce Cyrus at the iHeartRadio Music Festival in Las Vegas last week but bristled at having her material censored. "Their management got a copy of my jokes of what I was going to say, and I was banned from saying the jokes," Wilson tells Jimmy Kimmel during an interview. Britney Spears ended up welcoming Cyrus to the stage. "But the jokes weren't that bad," Wilson insists. "It was like, 'Miley Cyrus got to the top through her raw talent and hard twerk.' It wasn't even that bad."



Miley Cyrus

ALL IMAGES GETTY

I'm running for all the future
moments
I'll share with my girls.

Scott McGillivray, Host of HGTV's Income Property

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Forty-eight per cent of children aged 11 and older have a cellphone. ISTOCK

Book excerpt

Smartphone vs. kids



IT'S ALL
RELATIVE
Kathy Buckworth
Kathybuckworth.com

Smartphones. Do kids need one? I go back and forth on this one. While it's great that we can use our smartphones to stay in touch with our kids, it's not so great that they can

use their smartphones to stay in touch with us. When I need to get a hold of them, it's important. When they need to get a hold of me, it's usually to ask me to do something. I don't need them to have immediate access in one of those scenarios. According to a President's Choice survey, 48 per cent of children 11 and older have a cellphone. Take my advice and teach them how to use this cellphone in a safe and polite way. Just

because we blazed the trail by using these marvels of technology in cars, while walking across busy streets, and in the middle of romantic dinners, does not in any way mean we have to pass on these rude and dangerous methods to our children. Help put the "smart" back in smartphone. **FROM I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS BY KATHY BUCKWORTH, PUBLISHED BY MCCLELLAND & STEWART, 2013. AVAILABLE AT BOOKSTORES EVERYWHERE.**

Exclusively online

The McCafé is a parent's play place. Find out why with exclusive Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious bestselling book *Reasons Mommy Drinks*, at metro.ca/voices.



Balancing act: Finding fam time

Book. Don and Debra MacMannis share tips on how to strengthen family ties

Parents might often feel they are running a daily gauntlet, from backpacks and breakfast in the morning to bedtime tuck-ins. But every now and again, parents should take a few minutes to check in with each other and their children.

One therapist couple, Don and Debra MacMannis, have 10 tips in a new book — *How's Your Family Really Doing?* — they say are needed to create lasting bonds.

Don, a child psychologist who also writes music for children, says the book was inspired after 35 years of families reaching out for help, often asking the same

questions.

The couple had some advice on how families can form stronger ties, starting with taking time to connect.

The in-between times

Catch moments in between — like driving in the car, eating a snack, walking the dog — to share thoughts and feelings with your loved ones.

Be affectionate

Too many parents give all of their love and attention to the kids. Make a conscious decision to be more affectionate with your partner. Remember the early days of courtship when you held hands, kissed and hugged hello and goodbye (and then some), shared back rubs or cuddled up on the couch? Do that again.

Just listen**Tip**

Use voicemail, email or texts to send your love or to check in on how your partner's day is going. Little gestures help us feel loved.

Deeply listening to one another can be a profound way to reconnect if distance has crept between you. If you are the listener, make eye contact, take deep breaths to keep yourself centered, and remember not to give unsolicited advice.

Every bit counts

Words and gestures can also be affectionate. We obviously feel more loved when complimented rather than criticized. Use fun nicknames and don't forget to say the precious words: "I love you." **METRO**



There are easy ways to bring your family members closer together. ISTOCK

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Blocks can be fun for Becky, too

Gender labelling.

Despite push toward dissolving divisions of toys, some parents still see toys as girl-or-boy-specific

London department store Harrods has redesigned its toy department to organize it by theme rather than by gender. Swedish toy firm Top-Toy published a gender-neutral catalogue in which boys were shown playing with a kitchen set and hair dryer and a girl

was shown shooting a toy gun. Toys "R" Us in the U.K. recently pledged to move away from gender-specific marketing of toys.

In an emailed statement to The Canadian Press, Liz MacDonald, vice-president of marketing and store planning for Toys "R" Us Canada, said the retailer regularly features girls and boys playing with all different types of toys in its advertising.

While branding and promotion of products along gender lines remains a contentious issue, there has clearly been a movement toward dissolving certain divisions of toys.

Sara Grimes, assistant professor in the faculty of information at the University of Toronto said it's not an issue of toys introducing particular gender roles or stereotypes but rather reinforcing those which already exist and prevail in the broader culture.

"You can find all kinds of toys with vacuum cleaners and cooking that are very much encoded in that kind of '50s-style association of domesticity with women ... And in more recent years, that's definitely extended to things like beauty and fashion," said Grimes.

Grimes said the step toward removing some of the "visual

segregation" in toy stores is important.

Laura Wiese, a spokeswoman for the Canadian Toy Association, said she thinks it's difficult for parents to change their mindsets when it comes to toy purchases.

"I think a lot of parents tend to feel that their child might be more interested in something that is more girl-like or more boy-like, depending on whether they have a boy or a girl," she said.

"What we do as manufacturers and as an industry is to ensure that we have a broad spectrum of toys that appeal to all genders." **THE CANADIAN PRESS**



Stores are ending gender labelling, but some still see division in toys for girls and boys. HAILEY CHAN/THE CANADIAN PRESS

SOCIETY SAVING LIVES, NOT SOMEDAY, BUT TODAY

The Leukemia & Lymphoma Society of Canada (LLSC) exists to find cures and ensure access to the best available treatments for blood cancer patients. We are saving lives, not someday, but today.

There are currently more than 100,000 people affected by blood cancer in Canada. Someone new is diagnosed every 28 minutes and someone passes away every 77 minutes. There have been many advances in blood cancer research over the last few years, resulting in large increases in the number of people that survive. Since the 1960s, survival rates for blood cancer patients have doubled, tripled, or even quadrupled. The survival rate for the most

common type of childhood leukemia is indicative of research success. In 1964, the chance of surviving this disease was three per cent. Today it's 90 per cent. Despite this progress, almost half of patients don't survive long term. The LLSC is determined to change this statistic.

To date, LLSC has invested more than \$28 million in research to advance therapies and save lives. Critical cancer treatment innovations such as multi-drug chemotherapy and stem cell transplantation started with blood cancer therapies. Gleevec, developed for patients with a specific form of leukemia, is now also used to treat patients with rare types of

stomach and skin cancers and is showing promise against other cancers, too. The LLSC provides funding across the continuum from basic research to clinical trials, from bench to bedside. Currently, the LLSC is investing in a clinical trial for people with a particularly hard to treat type of acute leukemia. The new treatment is more than doubling the number of people alive one year after treatment. The LLSC is dedicated to funding more research breakthroughs like this one.

The LLSC is also the voice for those affected by blood cancer. The society is a leading source of free blood cancer information, education and support for

patients, survivors, caregivers and health-care professionals. The LLSC works with patients and caregivers in their communities through its offices across Canada, helping them navigate cancer treatment and follow-up care. The LLSC advocates for patients, survivors and their families to ensure they have access to quality, affordable and co-ordinated care through their treatment and survivorship years. While it is important to find cures, it is equally important to support patients and their families as they face cancer.

The LLSC is committed to a world without blood cancers. For more information, please visit LLSCanada.org.

LEUKEMIA & LYMPHOMA SOCIETY
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An evening of solidarity and hope, The Leukemia & Lymphoma Society's annual Light The Night Walk supports vital blood cancer research and patient services across Canada.

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LEUKEMIA & LYMPHOMA SOCIETY OF CANADA
LIGHT THE NIGHT WALK

Kaitlyn

Bye-bye barbecue season: Chicken kebabs with sauce

1. In a large zip-close plastic bag, combine the water, salt, paprika and pepper. Close the bag and shake to blend, then add the chicken. Seal the bag, then turn to coat the chicken. Refrigerate for 30 minutes. If using wooden skewers for the kebabs, soak them in water while the chicken brines.

2. Meanwhile, in a blender or food processor, combine the bananas, ketchup, jalapenos and vinegar. Puree until very smooth. Set aside.

3. When ready to cook, heat the grill to medium-high. Use an oil-soaked paper towel held with tongs to oil the grill

Ingredients

- 1/2 cup water
- 1 tsp kosher salt
- 1 tsp smoked paprika
- 1/2 tsp ground black pepper
- 1 1/4 lbs boneless, skinless chicken breasts (about 3), cut into 1-inch chunks
- 1 1/2 bananas
- 1/2 cup ketchup
- 1 to 2 whole fresh jalapenos (for less heat, split them open and remove the seeds and ribs)
- 2 tbsp red wine vinegar

grates.

4. Remove the chicken from the brine, then thread the pieces onto 4 skewers. Grill, turning regularly, until cooked through, about 12 minutes total. Using a basting brush, lightly coat the kebabs on all sides with chili-banana sauce, then grill for another minute. Transfer the kebabs to serving plates, then drizzle with additional sauce. **THE ASSOCIATED PRESS**



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Correction

Friday's Beekman Boys article wrongly identified The Beekman 1802 Heirloom Dessert Cookbook as the couple's first book release. It is actually its second.

Lunch. Chicken and Cheddar Calzone



1. Preheat oven to 400 F (200 C). Line large-rimmed baking sheet with parchment paper. Dust work surface and top of pizza dough with flour. Cover dough with tea towel and let rest for 20 minutes.

2. Divide dough in half. On lightly floured surface and using fingers, stretch each half

into an oval. Using rolling pin, roll each piece to 12- x 10-inch (30- x 25 cm) oval. Transfer to prepared baking sheet.

3. Spread pizza sauce over lower half of each oval, leaving 1/2-inch (1 cm) border bare. Top with chicken, salami, tomatoes and Cheddar. Lightly brush edges with water; fold bare dough over filling, crimping edges to seal and dusting fingers with flour to prevent sticking. Using tip of scissors, cut three vent holes in top of each calzone. Using scissors, cut parchment paper between the two calzones and pull them apart on the sheet so they are spaced well apart.

4. Bake in lower third of oven 25 minutes or until evenly browned top and bottom. Cool 10 minutes before cutting each into three wedges.

PRESIDENT'S CHOICE

Ingredients

- 1 pkg (680 g) prepared pizza dough, at room temperature
- All-purpose flour for dusting
- 1/2 cup (125 ml) pizza sauce
- Half 500 g-pkg PC Chicken Breast Strips, cut in thin strips
- 3 slices PC Genoa Salami, chopped
- 10 cherry tomatoes, cut in half
- 1 cup (250 ml) PC Triple Shredded Cheddar

Sweet on you: Sweet Tea-Brined and Grilled Chicken

Don't worry — the chicken doesn't taste like iced tea. But it is juicy and well-seasoned. And if you like lemon chicken, grill a couple of sliced lemon halves and squirt the warm juice over the chicken just before serving. Or for a tropical twist on the brine, substitute green tea for the black tea, and apricot nectar for the lemonade.

1. In saucepan over high heat, combine water, salt, sugar and cinnamon stick. Bring to boil, stirring to dissolve sugar and salt. Cool until just warm.

2. Add frozen lemonade and tea, then stir well. Add lemon slices and ice. Stir well. Add chicken to brine, then cover and refrigerate for at least 1 hour and up to 3 hours.

3. When ready to cook, prepare a gas or charcoal grill for medium, indirect cooking. On a charcoal grill, this means banking coals to one side and cooking on the cooler side. On a gas grill, turn off burners in one area and cook chicken there.

4. Remove chicken from brine. Pat it dry with paper towels, then brush lightly all over with oil. Arrange chicken on grill grate, bone side down. Cover and grill for 45 minutes, or until meat reaches 170 F at thickest part. There is no need to turn the chicken during cooking.

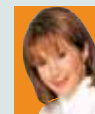
5. Remove chicken from grill and let it rest 10 minutes before serving. If grilling lemons, do this while chicken rests. **THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.**

Ingredients

- 4 cups hot water
- 1 cup kosher salt
- 1/2 cup granulated sugar
- 1 cinnamon stick
- 12-oz can frozen lemonade concentrate
- 4 cups strong freshly brewed black tea, cooled
- 1 lemon, cut into slices
- 6 cups ice
- 8 bone-in chicken thighs
- Olive oil

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

Salad is great for those trying to eat healthy, but additions may cost you in calories and fat if you're not careful. **PHOTOS: MIKE MCCOLL, FROM ROSE REISMAN'S CHOOSE IT AND LOSE IT (WHITECAP BOOKS)**



Milestone's Grilled Chicken Salad

1,040 calories/ 82 g fat

Think twice about this salad. Fried tortilla chips and an oil-based vinaigrette give you close to a day's worth of calories and fat.

Equivalent

One Milestone's Grilled Chicken Salad with tortilla chips and Honey Lime Peanut Vinaigrette is equal in calories to 20 oz (567 g) grilled flank steak.



Roasted Garlic Caesar Salad entrée size with Chicken Breast

625 calories/ 45 g fat

At Milestone's, the Caesar gives you half the calories and fat, making it a better choice.



This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

'Round the world wisdom



Focus not on the path, but the prints you're leaving along the way. iStock

Facing adversity one step at a time



LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Life's challenges often loom larger than they really are — we get over-

whelmed by what needs to be done then bury our heads and do nothing at all. Not because we don't want to work out a solution, but because we can't figure out where to start.

What we need to do: break down the problem into bite-size chunks.

After I signed up to run the Gobi desert, I had to start ... running. I asked people who should know for tips about the best way to prepare and they told me, "go at it one step at a time."

I took three million steps during training. I ran for most of it and when exhaustion hit, I walked. When I became injured I adapted my training regimen, running in a pool to reduce the impact on my shins that badly needed rehab.

When I crossed the starting line in the Gobi,

I wasn't thinking about how I was going to run six marathons in five days. I focused on one race at a time. When that got to be too much, I thought about making it to the next 10-kilometre checkpoint, then to just the next flag.

When there was no steam left, I concentrated on taking just one more step.

It took me 600,000 steps to cross the finish line. For most of the race I never envisioned that finish line. My mantra was, "OK, one more step."

If you're overwhelmed by an issue staring you in the face, start the journey to a resolution by taking that first small step — and then another, and another, moving ultimately to that giant leap forward.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

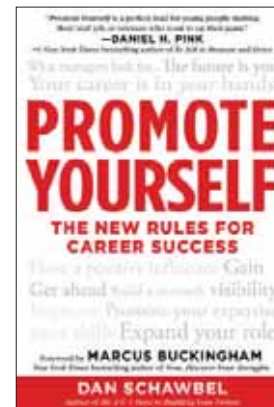
A new set of rules to rule the working world

The career ain't gonna come to you.
Prepare to put yourself out there in the very public rat race of today

DAN SCHAWBEL
Metro World News

In today's economy, you need to create your own career path instead of relying on a company to create one for you. You need to be accountable — at the end of the day, your success or failure depends on how hard you work, how fresh your skills are and the value you deliver. You are competing not just against your peers, but against everyone in the world.

Positions exist today that didn't five years ago, and jobs of the past have since been automated. We are playing by a new set of rules and by learning them, you can stand out and get ahead. Here are four of the



new rules, as mentioned in my new best-selling book, *Promote Yourself: The New Rules for Career Success*.

Your job description is just the beginning

If all you do is your job, you can't get ahead at work. Instead, you need to constantly prove yourself, over-deliver on your work and take on new

responsibilities whenever possible.

Your reputation is the single greatest asset you have

As you move from job to job and company to company, the one thing you get to take with you is your reputation. If you build a strong reputation, the opportunities will find you.

Your personal life is now public

How you present yourself online can affect how people perceive and treat you at work. Your personal and professional lives are merged. Think about how you want co-workers who are friends on Facebook to perceive you before you post.

Your boss's career comes first

Although you are accountable for your own career, your boss's trajectory can make a difference. If your manager isn't successful, it will be hard for him or her to support you. That's why you have to work hard to make your boss's life easier.

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Jays' season ends much as it began

MLB. Toronto falls to Tampa Bay to close out underachieving year with 74-88 record

Wasted season or expensive experimental test run?

The much-vaunted 2013 Toronto Blue Jays returned to the drawing board after a season rife with underachieving closed Sunday. Questions abound after the dismal campaign.

"We got off to a slow start and obviously it continued the entire year," GM Alex Anthopoulos said by way of understatement.

The season opened April 2 with a home sellout of 48,857 fans at Rogers Centre for a 4-1 loss to Cleveland.

Fast forward to Sunday and only two players — shortstop Jose Reyes and catcher J.P. Arencibia — remained in the starting lineup. And Reyes missed some 66 games in between with an ankle injury while Arencibia came into the season finale batting .195 with 21 home runs and 147 strikeouts in 473 at-bats.

It seemed fitting that prior to the ceremonial first pitch Sunday, the PA system played "Pick Up the Pieces" by the Average White Band.

The Jays finished last in the American League East at 74-88, compared to 73-89 last season when they finished fourth in the division. Fan Appreciation weekend closed out with an exciting but failed comeback in a 7-6 loss to the Tampa Bay Rays before a loud crowd of 44,551.



The Blue Jays acknowledge the crowd during their final game of the season. JON BLACKER/THE CANADIAN PRESS

Wild finish to the regular season

The Texas Rangers forced a one-game tiebreaker for the second AL wild-card spot, winning their seventh in a row Sunday when Geovany Soto hit a tiebreaking RBI double and later homered to beat the Los Angeles Angels 6-2.

- The Rangers (91-71) added game No. 163 to the regular season, and will host Tampa Bay on Monday night. The winner plays two days later at wild-card leader Cleveland in another win-or-be-done matchup.

Despite Sunday's six-run rally, it's has a been a rocky road for the Jays — and a long way from the optimism of spring training.

"It's an exciting season.

Everybody's seen the moves," star outfielder Jose Bautista said back in February. "All the bodies are here now. It's all on us now to perform.

"We love that challenge

and we have a confident, good group of players together. I think we're going to go out and have a lot of fun and hopefully we remain healthy. If all that happens, the season should take care of itself. We should be in the playoffs and hopefully the World Series."

The expected starting rotation — R.A. Dickey, Mark Buehrle, Brandon Morrow, Josh Johnson and Ricky Romero — cost \$46.75 million alone.

It went south quickly, finishing with a combined 30-36 record — with Dickey and Buehrle accounting for 26 of those wins. **THE CANADIAN PRESS**

Tennis

Raonic wins Thailand Open

Canadian Milos Raonic upset top-seeded Tomas Berdych of the Czech Republic 7-6 (4), 6-3 to claim his fifth title, at the Thailand Open on Sunday.

The No. 11-ranked Raonic put up 18 aces to beat his No. 6-ranked opponent in the final at the Impact Arena in one hour, 17 minutes.

It was Raonic's fifth tour victory, adding to the three in San Jose from 2011-13 and Chennai in 2012. **THE CANADIAN PRESS**

MLB

Ex-Jays pitcher tosses no-hitter vs. toothless Tigers

Former Toronto Blue Jay Henderson Alvarez pitched a no-hitter with a most bizarre ending, celebrating in the on-deck circle when the Miami Marlins scored on a two-out wild pitch in the bottom of the ninth inning to beat the AL Central champion Detroit Tigers 1-0 Sunday.

After Alvarez finished off the ninth with the game scoreless, he had to wait to see if it would become an official no-hitter. A Major League Baseball ruling in 1991 said only complete games of nine or more innings with no hits would count.

The Marlins loaded the bases and with pinch-hitter Greg Dobbs at bat, Luke Putkonen threw a wild pitch that let Giancarlo Stanton score.

Alvarez (5-6) struck out four, walked one and hit a batter. **THE ASSOCIATED PRESS**

NFL. Seahawks swoop in to steal win from Texans

Steven Hauschka kicked a 45-yard field goal in overtime to give the Seattle Seahawks a 23-20 win over the Houston Texans on Sunday and the first 4-0 start in franchise history.

The Seahawks got the win on their second drive in overtime after rallying from a 20-3 deficit.

The Seahawks rallied to tie it at 20-20 on an interception return for a touchdown by Richard Sherman in the fourth quarter. **THE ASSOCIATED PRESS**



Seahawk Kam Chancellor breaks up a pass intended for the Texans' Owen Daniels. THE ASSOCIATED PRESS

NHL

Oilers' Ference earns C on jersey

The Edmonton Oilers named defenceman Andrew Ference their new team captain on Sunday, making him the 14th in franchise history.

The 34-year-old Ference is entering his 14th NHL season and his first with the Oilers.

The five-foot-11, 189-pound defenceman has 37 goals, 156 assists and 645 penalty minutes in 760 career games.

THE CANADIAN PRESS

CFL. Als rough up Riders, end 3-game losing streak

The losing skid is over and the Montreal Alouettes have their defence to thank.

Led by CFL tackles leader Chip Cox, the Alouettes held the slumping Saskatchewan Roughriders to 15 yards on the ground, picked off three Darian Durant passes, sacked him four times and stuffed a third-and-one attempt on the goal line in their 17-12 victory on Sunday.

Duron Carter scored the only touchdown for Montreal (5-8), which ended a three game losing run. The slotback was

Receptions record

1,020

The Riders' Geroy Simon hauled in his 1,018th career reception, breaking the record of former Alouette Ben Cahoon. He ended the game with 1,020.

named the star of the game as he caught six passes for 152 yards, including a 45-yard effort to set up one of three Sean Whyte field goals.

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Horoscopes

Aries

March 21 - April 20

Both at home and at work you will know if others are telling the truth or tell fibs – no way will they fool you. If you do catch someone out in a lie make sure they pay for it.

Taurus

April 21 - May 21

You may be in a trusting mood but don't let your generosity blind you. Some people will happily rip you off if they think they can get away with it. Don't let them..

Gemini

May 22 - June 21

The planets warn you must not push yourself too hard this week, so cut yourself some slack and get some enjoyment from life.

Cancer

June 22 - July 23

Be who you want to be and do what you want to do. That, in a nutshell, is the message of the stars this week and if you follow it you won't go far wrong. You may also earn some extra money.

Leo

July 24 - Aug. 23

Only you know how hard you have strived to reach your current position, so don't let those who are a bit too free and easy with their criticisms get you down. What do they know? Not nearly as much as you.

Virgo

Aug. 24 - Sept. 23

Some kind of offer will come your way this week and if you are smart you will snap it up. You may be shy and retiring by nature but you know a good thing when you see it – and this is first class.

Libra

Sept. 24 - Oct. 23

Take care you don't spend too much on luxury living today. If you do you may be in for a shock a few weeks from now when money is much harder to come by. Is it essential? If not, don't buy it.

Scorpio

Oct. 24 - Nov. 22

Family, friends and colleagues will rally round today to show they are behind you one hundred per cent. Whatever you want you will find a way to get it. More likely though, someone will get it for you.

Sagittarius

Nov. 23 - Dec. 21

You may not be entirely happy with the direction your life is going but there is no need to panic. The tide is turning in your favour, so be happy!

Capricorn

Dec. 22 - Jan. 20

Your confidence is sky high at the moment and you only have to walk down the street to turn heads. Why? Because when you feel great on the inside you look great too.

Aquarius

Jan. 21 - Feb. 19

Even if you don't have an idea what is going on around you at the moment act as if you do. Create the illusion that you are in control. It's surprising how easily people are fooled.

Pisces

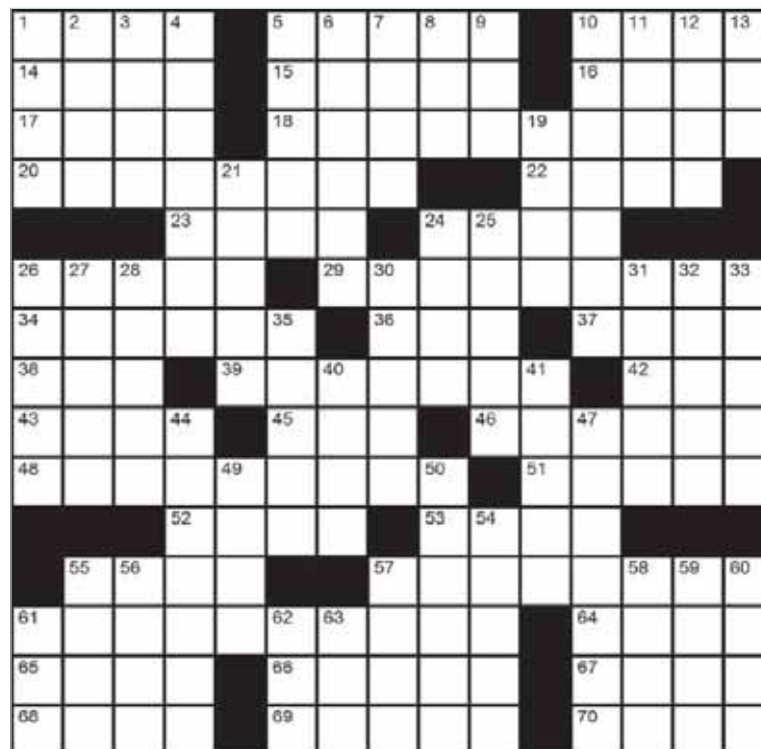
Feb. 20 - March 20

If you get the chance to travel this week, maybe to a place you have never been before, don't hesitate or hang back. Life is supposed to be an adventure, so be bold and be the one who does something different. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Foretold
5. Light rains
10. Scratch
14. ___ passu (Impartially)
15. Really got to or bothered: 2 wds.
16. Chess piece
17. Culture†medium
18. Plastic surgery procedures: 2 wds.
20. Je me ___ = I remember (Quebec licence plates slogan)
22. Actor Stephen, and surname sakes
23. "...so long ___ both shall live?"
24. Scoundrel
26. Line: French
29. Show like "Dragons' Den" in The States: 2 wds.
34. Jerusalem's locale
36. Mr. Roth
37. "Divine Secrets of the ___ Sisterhood" (2002)
38. Irish coronation stone, ___ Fail
39. "___ Mysteries" on CBC
42. Bert Bobbsey's twin
43. 24-hr. bankers
45. Wet dirt
46. Operate
48. British Columbia city
51. Pops
52. Office phone lines, for short
53. Regarding: 2 wds.



55. Spa treatment, mani-___
57. Canadian Charter of Rights and ___
61. Group of Seven painter, Franklin ___ (b.1890 - d.1945)
64. Milk, in Montreal
65. Actress Jessica

66. Comic strip, For Better or For ___
67. French 101 verb
68. Imagine, archaically
69. "Boy ___ World" ('90s TV series)
70. Canadian telecommunications firm

Down

1. Pampering places
2. Othello villain
3. Grey, in Germany
4. Grunge greats
5. "Ahoy, ___!"
6. Apple songs
7. School terms, for short
8. Scottish hat
9. Particular pen
10. 'C' in SPCA
11. Ricky Martin smash: "Livin' La Vida ___"
12. Approves, quick-style
13. Month segments

- [abbr.]
19. "Star ___"
 21. "___ to recall that..."
 24. Glorioso
 25. Love Story author Mr. Segal
 26. Fragrant scent
 27. "...___ plane?" (Superman-spotting question)
 28. Tiny weights
 30. Ms. Hopper of Hollywood's heyday gossip
 31. Milk, vitamins ___ added
 32. Spiral-horned antelope
 33. Surnamesakes of Orson Welles' most famous role
 35. "Network" (1976) director Sidney
 40. Floor coverings
 41. Urgency
 44. Oprah's longtime love
 47. Mr. ___ (Soup brand)
 49. Nero's 62
 50. Most unique
 54. Tennis great Monica
 55. Pallid
 56. Actress, Kathryn ___
 57. Food assortment
 58. Vow
 59. Ms. Sorvino
 60. Goulash
 61. Crow cry
 62. Uniquely-spelled mountain basin
 63. Flat-bladed tool

Friday's Crossword

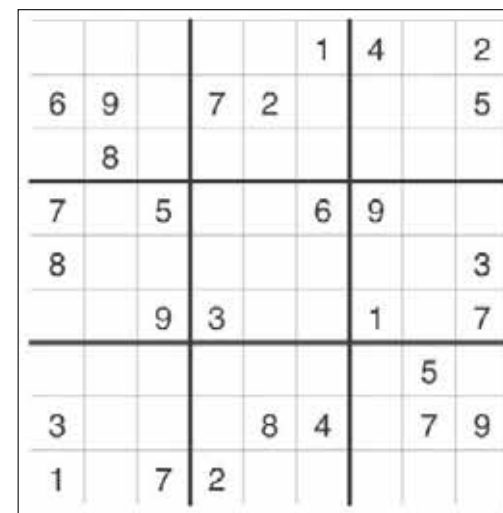


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

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Partly cloudy

Tuesday

22°/13°
Partly cloudy

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